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Introducing: Rose Liu From Formosa

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The Homemaker is pleased to present the second in a series about foreign students studying food and nutrition at Iowa State. Each student will share with Homemaker readers a recipe for one of her favorite native dishes. —*editor*

INTRODUCING:

Rose Liu From Formosa

by Margot Copeland

Technical Journalism Sophomore

An adventure in Chinese cookery is offered by Miss Rose Liu, graduate student in Food and Nutrition, as she gives us a favorite recipe from her homeland.

"Since chop suey and eggs foo yong comprise the typical American repertoire of Chinese cookery, I picked a recipe from another branch of native food," she said. "My favorite is DeLuxe Spareribs, a dish as Chinese as bird nest soup, in spite of its commonplace name."

DELUXE SPARERIBS

3 pounds meaty spareribs	1/2 cup cooking sherry
1 onion, diced	3 slices ginger root
2 tablespoons brown sugar	1/2 teaspoon powdered ginger
2 tablespoons vinegar	3/4 cup soy sauce
1 clove garlic, crushed	2 cups water

Have the butcher chop the spareribs twice across lengthwise, then chop through the thick backbone and between the ribs to separate completely. Combine other ingredients and pour over ribs. Cover tightly and bring to a boil. Turn heat down and simmer slowly for 2 1/2 hours or until tender. Add water if necessary. Serve with hot rice.

Miss Liu came to Iowa State three years ago from the island of Formosa, Nationalist stronghold off the Chinese mainland. She started her American education on a one-year fellowship and is now on a research assistantship, aiming for a Ph.D. in two years. Most of Miss Liu's time is now spent on nutrition research in her headquarters on the east ground floor of Home Economics Hall. Before coming to America, Miss Liu studied at the University of Taiwan in Formosa and received her B. S. in chemistry. She plans to teach when she returns to Formosa.



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